

HealthQuest Wellness Champion Network Monthly Webinar

Thursday, October 8th - 11:00-11:45 am

Call in number: 1-763-957-6300

Tip: Please join the WebEx <u>first</u> and then have the audio call out to you

<u>Agenda</u>

- Welcome New Champions!
- Leadership Development Series
 - With Special Guest Jack Bastable
- "Stress Busters" ENDS Tomorrow Friday, October 9th
- October EAP Webinar
- · October HQ Seminar
- Program Year Ending Sunday, November 15th, 2015
- NEW Program Year Program Changes
- National Eating Healthy Day November 4th, 2015
- November 12th Meeting "What's Your WHY??"

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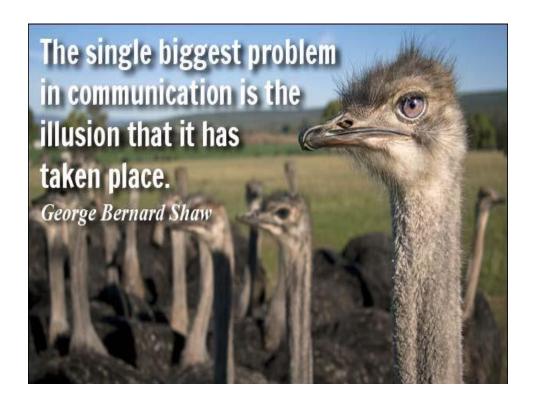
Welcome New Wellness Champions!!





How to impact the culture of YOUR agency or department and gain support from managers and supervisors

Leadership = Communication



10 Communication Secrets of Great Leaders

- **1. Speak not with a forked tongue:** In most cases, people just won't open up to those they don't trust.
- **2. Get personal:** the more personal and engaging the conversation is the more effective it will be.
- 3. Get specific: Specificity is better than Ambiguity 11 times out of 10.
- **4. Focus on the leave-behinds not the take-aways:** by intensely focusing on the other party's wants, needs & desires, you'll learn far more than you ever would by focusing on your agenda.
- 5. Have an open mind: A leader takes their game to a whole new level the minute they willingly seek out those who hold dissenting opinions and opposing positions with the goal not of convincing them to change their minds, but with the goal of understanding what's on their mind.



Secrets - Continued

- **6. Shut-up and listen:** Simply broadcasting your message ad nauseum will not have the same result as engaging in meaningful conversation, but this assumes that you understand that the greatest form of discourse takes place within a conversation, and not a lecture or a monologue.
- **7. Replace ego with empathy.** When candor is communicated with empathy & caring and not the prideful arrogance of an over inflated ego good things begin to happen.
- **8. Read between the lines:** Keep your eyes & ears open and your mouth shut and you'll be amazed at how your level of organizational awareness is raised.
- When you speak, know what you're talking about: Develop a technical command over your subject matter.
- **10. Speak to groups as individuals:** Great communicators can tailor a message such that they can speak to 10 people in a conference room or 10,000 people in an auditorium and have them feel as if they were speaking directly to each one of them as an individual.



Resources

10 Communication Secrets of Great Leaders

√ http://www.forbes.com/sites#/sites/mikemyatt/2012/04/04/10
-communication-secrets-of-great-leaders

The 3 Communication Skills Every Leader Needs to Master

√ http://www.businessinsider.com/communication-skills-every-leader-needs-to-master-2015-7/

Leadership Communication

√ https://www.ketchum.com/leadership-communication-monitor-2014



<u>"Stress Busters" Challenge – ENDS 10/9/15</u>

Don't forget to log your points in the Portal <u>by Friday,</u> 10/16/15!



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October 2015 EAP Webinar

Tuesday, October 20th, 2015 3:00 p.m.

Getting The Best Value out of Your Health Benefits

Do not wait until you get sick or injured before understanding your benefits. Investing time in understanding the options of your plan is investing money in family.

Register at https://attendee.gotowebinar.com/register/9201355783244244226



October 2015 Seminar Available on the Portal 10/1/15







National Eating Healthy Day!

- √ Wednesday, November 4th
- ✓ Will share cookbook YOU contributed to!
- ✓ Check out

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/National-Eating-Healthy-Day-Toolkit UCM 454416 Article.jsp



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Thank You for Joining Us Today!!

Next Meeting is Thursday, November 12th, 2015

- ✓ 11:00-11:45 am
- ✓ Day After Veterans' Day Holiday
- ✓ Something Different!!

Secret Question:



Open Questions / Comments

